



Sifu David Leopold
Certified Instructor

• Tai Chi • Qigong

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Profile:

Sifu David Leopold has been practicing, studying, teaching and researching martial arts since 1994



Qualifications & Accomplishments

- Shaolin Kung Fu Black Belt 1999
- Tai Chi Advanced Practitioner and Level 4 Wu Ying Degree 2002
- Traditional Private Martial & Healing Arts 3 years program (Certified 4th Generation Wu Family Instructor) 2008
- Qimatic Energy System Certification 2012 (Level 1, Level 2 & Advanced)
- Winner of two Gold Medals & one Bronze Medal at the World Grand Wushu Festival 2012, Shanghai China
- QiGong for Cancer Specialist Certification 2012
- Reiki Master Certification 2009



Tai Chi Hand & Weapon Forms

- Yang Tai Chi Foundation Exercises
- Chen Tai Chi Foundation Exercises
- Sun Tai Chi Foundation Exercises
- Yang Style: 10 movement form
- 24 Tai Chi
- 108 Tai Chi Chuan
- Chen Style: long form
- Chen Style Tai Chi Second Routine Canon Fist
- 73 Movement - Sun Style
- Fan & Sword Foundation Exercises
- 32 Long Sword Yang Style
- Lian-Huan: double sword
- Single Fan: short form
- Double Fan: short form



Qigong Forms

- 4 movement routine (Zhan Zuan)
- 8 movement routine (Ba Duan Jin)
- 11 movement routine (QiGong for Cancer)
- 12 movement routine (Qimatic Relaxation)
- 13 Stump Routine (Tai Bao Kung)
- 18 movement routine (Lo Han)
- 24 movement (Therapeutic)



Memberships

- Canfitpro Member since 2010
- Holistic Chamber of Commerce Founding Member since 2015